



23. Karbener Stadtlauf  
Klein-Karben / 12.08.2012

Detailed evaluation

Tiessen, Jury

Club: Bad Vilbel  
Number: 645

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 54:54

Speed: 10.93 km/h  
Running performance: 5:29 min/km

Rank in course/Total: 111 (of 180)

Rank in course/Men: 94 (of 140)

Best time in course: 34:14

Rank in category: 10(of 13)

Best time in the category: 36:25